

Effectiveness of Rehabilitation Tools after Knee Joint Injury in Wrestlers

Rahimova Mohlaroyim

Graduate Student, Navoi State University

Abstract: In this article, opinions were expressed about the measures and methods of treatment of knee joint pain in wrestlers.

Keywords: sport, knee, training, pain, massage, maz.

Physical fitness of a wrestler is one of the important components of sports training. Such preparations are aimed at developing physical qualities - strength, endurance, flexibility, agility and speed.

The main tasks of physical training are as follows:

- increase the level of health of athletes and the functional capabilities of various systems of their bodies;
- development of physical qualities in a unit that meets the unique characteristics of a wrestler.

Physical training is divided into general and auxiliary, special training: General physical training of a wrestler: it serves as a foundation and basis for reaching a higher level.

They include exercises performed without equipment and with equipment, exercises performed in special training with a partner, general developmental exercises taken from other sports: acrobatics, athletics, swimming, etc. Auxiliary physical training is designed to create a special basis necessary for effective performance of a large volume of work aimed at the development of special movement skills.

Solves the following tasks with a specific direction:

- development of qualities that are more specific for fighting; - Selective development of muscle groups involved in the actions of a wrestler.

As advanced means of auxiliary physical training, such exercises are used, which, according to their kinematic and dynamic order and the characteristics of neuromuscular tension, are suitable for the main actions performed by the wrestler during the competition. Among such exercises, the following can be highlighted: execution of various methods of struggle by pointing; performing exercises on special training devices. The special physical training of the wrestler is aimed at developing the movement qualities of the wrestlers in strict accordance with the requirements imposed by the features of the competition.

The basis of special physical training of wrestlers is conducted on the wrestling mat, and movement skills are aimed at developing the most important movement qualities in the experience. Therefore, various complex exercises, which are important as the main means of special physical training, are used in competition exercises. Such complex exercises increase the effect on the body of the wrestler. For example, choosing a partner in a heavier weight category, performing training competitions by changing partners, etc. All these exercises provide immunity to the development of one or another mechanisms of energy supply and at the same time increase his physical and technical tactical readiness.

All the indicated types of physical training are interrelated. Inadequate assessment of any type of physical training during training will ultimately prevent the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of the specified types of physical training during training. Its numerical expression is not a constant size, but the skills of wrestlers vary depending on the period of the training process and the current state of the body. Because wrestlers are constantly engaged in sports, cases of illness are rare, but some. In some cases, various pains can be observed, including pain in the knee joints.

Pain in the knee joints is a condition that negatively affects the quality of life of wrestlers. Movement is often limited due to pain. Especially due to discomfort in the knee area, the ability of wrestlers to walk is greatly reduced. Most wrestlers experience this condition, and they all use different methods to treat it. It is not possible to completely cure the disease with only locally applied ointments and gels, the treatment should be carried out comprehensively according to the doctor's recommendations. In general, general treatment measures are aimed at:

Analgesia;

Eliminating the cause of pain;

Restoring the normal structure and function of the joint.

If a disease causing pain in the knee disappears, the pain will decrease by itself and there will be no need for painkillers. Often, anti-inflammatory agents, chondroprotectors (for the restoration and protection of the joint), general immune boosting drugs, diet, physiotherapy, massage, manual therapy and therapeutic gymnastics are used in the complex treatment.

The most important point is that the joints of the legs (including the knee joint) are more damaged in people who have excess body weight, because all their weight falls on the legs. Such people should first bring their body weight back to normal. They should follow a diet and refrain from salty, spicy and flour products.

During the period of remission (peaceful period) of the disease, it is necessary to regularly engage in physical education. Water sports and exercises in water are especially beneficial because they make muscles and tendons move, improve blood circulation, and calm the nervous system.

A quick and effective treatment method for knee pain is massage and manual therapy. Such methods are carried out by special specialists, and the pain decreases in a short period of time. Of course, any disease can be treated with the help of the sweet gifts of mother nature. Folk medicine methods can be easily used at home. It is better if folk medicine is carried out together with medical treatment measures, the level of achieving positive results is high. Treatment of knee joint pain with folk medicine is aimed at heating and getting rid of excess salts. These are baths, compresses and ointments made from medicinal plants.

Natural honey and honey products (propolis) are often used in folk medicine to reduce knee pain. Natural animal oils should be used for knee rubbing, and baths made from salt, soda, horse ears, chamomile and other plants should be used for baths. The duration of the treatment is determined according to the need and the characteristics of the organism.

Warming ointments and compresses can be effective in relieving pain. In addition, therapeutic massage and gymnastics are also effective. Massage improves blood circulation in the knee joint. Gymnastics strengthens muscles and joints.

Regardless of the type and degree of knee pain, therapeutic gymnastics and massages should be carried out slowly and comprehensively. Such exercises move, relax the muscles in the knee area, improve blood circulation and reduce pain.

It is also recommended to follow the diet - plants, vitamin-rich products, fish help to restore the joints. After the feeling of pain disappears, you should try to prevent it from reoccurring: follow a healthy lifestyle, exercise your body, avoid tension and stress. It is also important to maintain a normal body weight.

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